

LENTIL BURGERS WITH SWEET PEPPER AND ROCKET



USED BRESC PRODUCTS



Alioli Clásico 1000g



Peperoni marinati 1000g

INGREDIENTS

4 

- 4 hamburger buns
- 1 red onion, finely chopped
- 1 red onion sliced into rings
- 1 carrot, chopped brunoise
- 1 tomato, sliced
- 300 g lentils (brown, green and red mixed)
- 120 g tofu, smoked
- 100 g Bresc Peperoni marinati
- 80 g oats
- 80 g rocket
- 60 g Bresc Alioli clásico
- 40 g tomato ketchup
- 10 g mustard
- 6.25 dl vegetable stock

PREPARATION METHOD

Cook the lentils in the vegetable stock with the chopped onion until the stock has been fully absorbed. Add a little water if necessary. Add the carrots about ten minutes before the end of the cooking time. Puree one third of the mixture with the mustard and the grated tofu to make a smooth mixture. Mix the remainder of the mixture with the lentils. Stir in the oats and leave to stand for 10 minutes. If the mixture is too runny, add a few more oats. If the mixture is too firm, add a little more vegetable stock. Wet your hands and shape the mixture into burgers, then fry the burgers on the grill until crisp. Grill the onion rings too at the last minute. Toast the hamburger buns on the cut surface. Mix the Peperoni marinati with the tomato ketchup and spread it on the bottom of the hamburger buns. Place the lentil burgers on top and then add the grilled onion rings. Arrange slices of tomato on top and then add the rocket. Spread the alioli on the other half of the hamburger buns and place them on the burgers.